



COLOR OUTSIDE THE LINES COUNSELING



College and Life Transition Check In

Support for the messy middle of becoming

Transitions can hold excitement, grief, uncertainty, pressure, and possibility at the same time. This check-in helps you notice what is changing, separate your values from outside expectations, and choose a direction without demanding a complete life plan.

• Name the Transition

- | | |
|---|--|
| ☐ Starting college | ☐ Changing majors |
| ☐ Graduating | ☐ Beginning a career |
| ☐ Changing jobs | ☐ Moving |
| ☐ Relationship change | ☐ Family change |
| ☐ Growing independence | ☐ Not knowing what comes next |
| ☐ Other | |

What is changing in my life

What feels exciting or hopeful

What feels uncertain heavy or difficult

How settled do I feel in this transition

1 2 3 4 5 6 7 8 9 10 not settled

very settled

• Make Room for What Is Ending and Beginning

What I Am Leaving Behind	What I Am Moving Toward

• Sort the Expectations

Expectations I feel from family school work culture or social media

What I actually want more of in my life

• Values I Want to Carry Forward

☐ Connection

☐ Creativity

☐ Stability

☐ Learning

☐ Independence

☐ Compassion

☐ Adventure

☐ Rest

☐ Honesty

☐ Community

☐ Purpose

☐ Balance

☐ Other

• Choose a Direction Not a Perfect Map

One decision I am facing

What matters most in this decision

What information do I still need

One low risk step that could help me learn more

• Support for the Next Month

One routine that could give me steadiness

One person or resource I can lean on

One expectation I am willing to loosen

My next small step

• A Gentle Reminder

You do not need to know the entire path to take the next meaningful step. A life can be built through curiosity, adjustment, and choices that become clearer with experience.

This resource is for education and personal reflection. It does not provide diagnosis, treatment, medical advice, or crisis care. If you are in immediate danger, call 911 or go to the nearest emergency department. You may also call or text 988 for crisis support.

Created by Raven Thomas, MA, LPCC-S | Color Outside the Lines Counseling

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